

BRECKENRIDGE NEWS.

POSITIONS
IN SLEEPHow Victims of Insomnia May
Woo Sweet Slumber.The Way One Should Lie in Bed
in Order to Obtain Natural
Repose.Various Ailments and the Postures
Best Adapted to Them.

Positions that woo sleep in victims of insomnia is an interesting study made by a well known metropolitan physician, Whitman V. White of Brooklyn. Dr. White is a specialist on nervous diseases and in a mild but emphatic manner scores his professional brethren for their free administration of narcotics. He denounces the practice as unnecessarily taxing on the disorganized systems of insomnia patients in many cases. In his own experience he has found a simple method adequate without weakening after effects likely to produce increased symptoms.

"Through a study based on the laws of physiology in human anatomy extending over a period of a dozen or more years I have learned that under certain physical malconditions," said the physician, "the subject may be given relief by assuming positions at rest that will from the ease afforded the affected parts serve as a natural somnolent agency. It will be readily understood that a constrained position will tend to prevent natural repose, while a comfortable one will woo it. But what may in most cases seem to be a position of ease may in reality be the reverse.

"For instance, a dyspeptic will rest more easily lying on the right side for the simple reason that in that position the food naturally gravitates out of the stomach and into the intestines, while if lying on the opposite side that organ, in its weakened state, has to perform an uphill process of digestion. This is simply sufficient to produce insomnia.

"Lying flat on the back, with the limbs relaxed, would seem to secure the greatest amount of rest for the muscular system, whether in good health or illness. Such is the position advocated by physicians generally in the most exhausting diseases, and it is hailed as a sign of rapid recovery when a patient exhibits an inclination to turn on either side. But at the same time there are several disadvantages in the supine posture which impair or retard sleep, whether in case of chronic illness or ordinary health. Thus in weakly states of the heart or blood vessels and certain morbid conditions of the brain the blood seems to gravitate to the back of the head and to accordingly produce troublesome dreams. I believe that much of that weakening delirium which the physician has to contend with in treating serious maladies is often occasioned in this way.

"In persons who habitually stoop in their gait or work, either as a result of the requirements of their occupation or from the course of their physical development, there must necessarily be some distress consequent in straightening the spine. It may not be sufficient to cause pain and yet be such a strain as to prevent perfect ease. The result is unconscious restlessness, which is the producer of insomnia.

"People who have contracted chests cannot sleep well lying upon their backs. This rule applies especially to those who have suffered with pleurisy and retain adhesions of the lungs. They will find it easier to get to sleep upon the right side and that their somnolent rest will do them more good if they observe this advice. Furthermore, the habit of lying on the back is the creator of snoring, which much belabors sleep and prevents the subject from receiving the full benefit of its recuperative effects.

"It is desirable, therefore, in all cases to lie on the side, and in the absence of special diseases rendering it more desirable to lie on the weak side, which leaves the strong lung free to expand, the right side should be chosen. A glance at any plate of the visceral anatomy will show that when the body is thus placed the food in the process of digestion is greatly aided in its passage from the stomach into the intestines. Here the principle of gravitation directly applies. Then the fact that the stomach doesn't compress the upper portion of the intestines is still another advantage to be gained from lying on the right side when sleep wooing ease to the entire human mechanism is under serious consideration.

"In conclusion, I wish to refer to some injurious eccentricities, or fads, in sleeping which I have observed. A wealthy woman once came to me for treatment for bad dreams of the order commonly called nightmare. Upon making inquiry I discovered that she was in the habit of lying at rest with her arms thrown up over her head in a position greatly to be deprecated, although it will induce sleep in persons who have weak lungs. The circulation is thereby made stronger in the extremities, and the head and neck and muscles of the chest are drawn up and relaxed by the shoulders."—Philadelphia Times.

If Man Were a Flea.

Snyder, the calculating barber, had not opened his lips for fully four minutes, and it was plain to be seen that he had something on his mind. Finally he swallowed twice, breathed hard for a moment and gave vent to his feelings in this manner:

"I've been thinking what I could do if I were only a flea. I read in a scientific paper the other day that if a man were built on the same lines as a flea he could jump from Philadelphia to Pittsburgh in one leap. I mean, of course, if he had all the power of a flea increased in proportion to his size. Think how quickly he could circumnavigate the globe. It might be possible to get around the world in an hour. The distance from Philadelphia to Pittsburgh is 354 miles, and the equatorial circumference of the earth is 24,002 miles.

"A simple calculation in mental arithmetic will show you that this would be a fraction over 70 leaps. I surely wouldn't take a minute for each jump, judged from the liveliness of the flea. Think of coming in here, with three or four customers ahead of you, and, instead of sitting down and waiting, just taking a few jumps around the world to kill time. There you are, sir. Witch hazel or bay rum?"—Philadelphia Record.

One Point of Resemblance.

"The elder Sothorn was a good story teller, and he particularly liked to dwell on his experiences at the outset of his stage life, when he was a minor member of the John McCullough company," said the old time theater goer.

"McCullough was playing in Texas, and in one town where he was billed to play 'Ingomar,' through some accident on the railroad, the necessary costumes were delayed.

"The manager was equal to the situation, however. He went to every butcher's shop in town and hired all the sheep and cow hides he could to dress up his supers.

"When McCullough came on the stage that night, he fell back appalled by the stretch of the hastily improvised clothing worn by the barbarians.

"What do you think of them? Sothorn laughingly asked McCullough, pointing to the supers as the curtain rolled down.

"They neither net like, look like nor talk like barbarians," curtly growled the tragedian, "but, by the gods, they smell like them."—Kansas City Independent.

He Didn't Choke.

Toward Mecca the thoughts and aspirations of all pious Moslems are turned, and at least once in his lifetime the good Mohammedan is expected to make a pilgrimage to that city. One of the duties of the pilgrim immediately after his arrival is to make a journey seven times round a holy portico outside the mosque.

"We went at a great pace," says an Englishman, who, disguised as a Mohammedan, paid a visit to Mecca at the risk of his life, "and the day was growing hot. When the procession was over, we came back to the mosque and were each given a bowl of limpid water. I was so thirsty that I drank mine at a draft and asked for more, which I noticed produced a very good impression, for, as I afterward learned, this was the sacred water of Tenzen, which an infidel cannot drink without being choked.

"This was supposed to be the water which was supplied to Hagar when she was perishing in the desert."—Christian Endeavor World.

He Rode Down.

Algernon Dougherty of the United States diplomatic service has qualities of his own to account for his success as well as being the son of the famous "Silver Tongued" Dougherty of Philadelphia. One of the rules of the aristocratic Parisian concierge is that while one may ride up in the elevator one must not ride down. It was Mr. Dougherty who broke down this rule in a house in the Rue de Maturin.

He started down, and the concierge stopped the elevator. "It is forbidden."

By whom?

"The proprietor forbids it," said the concierge.

Mr. Dougherty drew himself up and said, "Tell your proprietor that I forbid him to forbid me anything!" and rode down. And now even the timid maiden ladies on the sixth floor play with that elevator as though it were a tame cat.—San Francisco Argonaut.

The Gallery Answered Martha.

Of the Dublin gallery boys a famous baritone, in his reminiscences, tells some good stories—one of "Faust," in which he played Valentine.

After the duel Martha, who rushed in at the head of the crowd, raised Valentine's head and held him in her arms during the first part of the scene and cried out in evident alarm:

"Oh, what shall I do?"

There was a deathlike stillness in the house, which was interrupted by a voice from the gallery calling out:

"Unbutton his waist!"

Laconic and Cautious.
Maurice Barrymore's wit is far famed, but a neat little witticism at his expense was Augustus Thomas' laconic criticism of one of Barrymore's plays.

The celebrated playwright had been mercilessly picking flaws in the actor's drama until the good natured Barry winced.

"Oh, come, Gus," he interrupted. "Don't be quite so hard if it's not an 'Alabama.' Just remember that I wrote it in a week."

"Did you, Barry?" retorted Thomas. "Then you must have loafed."—Kansas City Independent.

One good thought generously received always attracts another.

Put Through His Paces.

The wealthy Briton was confessedly the most fastidious man living as to the quality of his personal domestic service. The concentrated energy with which an Englishman will rebuke his servant for an offense so slight that the average American fails to observe it bears out the above statement, and it is this social condition that has developed the hyperasthetic intelligence office in London.

Those who propose changing servants are not content with references and a perfunctory interview with the man or maid under consideration, but insist upon a full dress rehearsal of both manners and appearance.

The servant in livery is put through all his paces, must display the size of his calves, the laughtiness of his pose, as well as breeding in handling a card, announcing a guest or serving at the table.

Nothing is taken for granted. The master and the mistress sit by and discuss the points of groom or butler as they would those of a high priced horse or valuable dog. Domesticity are taken with great seriousness by the upper class Englishmen, and for that reason nothing is left to luck in peopling the servants' hall.—Cleveland Plain Dealer.

Scotch as She Is Wrote.

Mrs. Hohmboddie—What are you reading that absorbs you so?

Mr. Hohmboddie—Looking up from his book—It is a new Scotch novel.

Mrs. Hohmboddie (with enthusiasm)—Oh, I am so fond of those dear dialect things! Do read me a little.

Mr. Hohmboddie (reading)—"Ye see, Elsie," said Duncan doonely, "I might hae mair the matter wi' me than ye wad be sperlin. Aiblins me en is a bit dazzell an am hearin the pooles thuddin in ma ears, an ma toongue in clavin when it sud be gaein, an div ye no' hear the dirin o' ma hairt an the shakin o' ma hand this day g'n I gat a glimpse o' ye, sair hirpin like an auld man? Div ye nae guess what's a' the steer, blinny, wi'out me gaein it mair words?"

Mrs. Hohmboddie—Stop, for goodness' sake! What in the world is the creature trying to say?

Mr. Hohmboddie—He's making a declaration of love.

Mrs. Hohmboddie—A declaration of love! I thought he was telling a lot of symptoms to his doctor.—Collier's Weekly.

A Rejected Favor.

When the German emperor was at school at Cassel, he and his brother, Prince Henry, lodged in an old castle near, but in the school the two boys were treated exactly like any other youngsters. On one occasion, it is related, a master, knowing that Prince William was backward in Greek and wishing to curry favor with him, told him secretly what the subject of the next day's examination would be. Early next morning the prince went into the classroom and wrote the information on the blackboard in huge letters, not wishing to have any unfair advantage over his schoolfellows.

"One Minute Cough Cure is the best remedy I ever used for coughs and colds. It is unequalled for whooping cough. 'Children all like it,' writes H. N. Williams, Gentryville, Ind. Never fails. It is the only harmless remedy that gives immediate results. Cures coughs, colds, hoarseness, croup, pneumonia, bronchitis and all throat and lung troubles. Its early use prevents consumption.—A. R. Fisher.

Measuring a Tree.

Supposing a woodchopper in the Maine forest is told to get out a mast for a yacht. He knows that he must find a tree which is straight for 60 feet below the branches. It would be very troublesome to climb trees and measure them with a tape measure, so he, without knowing it, uses practical trigonometry. He measures off 60 feet in a straight line from the tree, and then he cuts a pole, which, when upright in the ground, is exactly as tall as himself. This he plants in the earth his own length from the end of his 60 feet.

For example, if he is six feet tall, he plants his six foot pole 54 feet from the tree. Then he lies down on his back, with his head at the end of the line and his feet touching the pole, and sights over the top of it. He knows that where his eyes touch the tree is almost exactly 60 feet from the ground.—Weekly Bouquet.

**Women as Well as Men
Are Made Miserable by
Kidney Trouble.**

Kidney trouble preys upon the mind, discourages and lessens ambition; beauty, vigor and cheerfulness soon disappear when the kidneys are out of order or diseased.

Kidney trouble has become so prevalent that it is not uncommon for a child to be born afflicted with weak kidneys. If the child urinates too often, if the urine scalds the flesh or if when the child reaches an age when it should be able to control the passage, it is yet afflicted with bed-wetting, depend upon it, the cause of the difficulty is kidney trouble, and the first step should be towards the treatment of these important organs. This unpleasant trouble is due to a diseased condition of the kidneys and bladder and not to a habit as most people suppose.

Women as well as men are made miserable with kidney and bladder trouble, and both need the same great remedy. The mild and the immediate effect of **Swamp-Root** is soon realized. It is sold by druggists, in fifty-cent and one dollar sizes. You may have a sample bottle by mail free, also pamphlet telling all about it, including many of the thousands of testimonial letters received from sufferers cured. In writing Dr. Kilmer & Co., Binghamton, N. Y., be sure and mention this paper.

Home of Swamp-Root.

Dr. Kilmer & Co., Binghamton, N. Y., be sure and mention this paper.

One good thought generously received always attracts another.



Look In Your Mirror

Do you see sparkling eyes, a healthy, tinted skin, a sweet expression and a graceful form? These attractions are the result of good health. If they are absent, there is nearly always some disorder of the distinctly feminine organs present. Healthy menstrual organs mean health and beauty everywhere.

McELREE'S

Wine of Cardui

makes women beautiful and healthy. It strikes at the root of all their trouble. There is no menstrual disorder, ache or pain which it will not cure. It is for the budding girl, the busy wife and the matron approaching the change of life. At every trying crisis in a woman's life it brings health, strength and happiness. It costs \$1.00 of medicine dealers.

For advice in cases requiring special directions, address, giving symptoms, "The Ladies' Advisory Department," The Chattanooga Medicine Co., Chattanooga, Tenn.

MRS. ROZENA LEWIS, of Oenaville, Texas, says: "I was troubled at monthly intervals with terrible pain in my head and back, but have been entirely relieved by Wine of Cardui."

SALARIES OF OUR PLAYERS.

The Pay of Actors Varies From \$10 to as Much as \$500 Per Week.

Franklin Fyles, writing of "The Theater and Its People" in The Ladies' Home Journal, touches interestingly upon the earnings of actors and corrects the oft repeated reports of the enormous earnings of players. "Salaries vary with circumstances," he says. "The manager may find at \$25 a week a player whose moderate talent exactly fits a part of considerable importance. He may have to pay \$150 if the role is singular and if candidates scarce. If he wants celebrity in addition to ability, he may be willing to make the salary \$500 a week. In that case he takes into account the public value of the name and makes a feature of it in his advertisements.

"Not more than ten actors in America, aside from the stars, receive as much as \$250 a week, and not more than five actresses are paid this amount. In fact, \$150 a week is exceptional, and \$100 will engage an excellent hero or heroine, a fine comedian or a delineator of eccentric character. The wages run down to \$75 for a sourette, ingenue or old man, to \$50 for an old woman, juvenile man or juvenile woman, and so along to utility and chorus men and women at \$12 or \$18 a week. Those are the wages of thoroughly competent actors in companies of good grade."

Strange Freak of Fate.
Says the Portland Oregonian: "It is the belief of some historians that the name 'Oregon' is Aragon in disguise, that it was given to this country by the early Spanish voyagers and that American explorers so interpreted the word given them by the Indians. The theory is at least plausible and indicates a strange freak of fate. The name Spain proudly brought to this distant coast returned to the West Indies 300 years later to destroy the power of Spain on the seas! Little thought De Fuca when he sighted this coast in 1592 that some day it would build a warship which, under the name of Aragon, or Oregon, would be foremost in the battle that marked the end of Spain's dominion in the new world."

Peculiarity of Snakes.
A snake tamer who had trained a serpent to follow him around the house and even out of doors happened one day to take it with him to a strange place. The snake, unused to the locality, suddenly seemed to forget all his training and, escaping into the bushes, resisted capture with bites and every indication of wildness. When caught, it at once resumed its tame habits. This tendency to become wild immediately upon obtaining their freedom and to again become tame when caught is said to be a peculiarity of snakes.—New York Tribune.

The Probable Reason.
The Clergyman (proudly)—People are loath to leave my church. Why, after services, it is fully 15 minutes before the edifice is emptied!

The Sinner—I don't wonder at that. Some people are very hard to awaken!—Brooklyn Life.

Profiteers.
Miss Chicago—Money talks, you know.

Miss Boston—A vulgar apothegm. Culture makes no concession to the locuacity of lucre.—Boston Courier.

It was the custom of the Greeks to offer bees on a silver tray to Apollo in his temple at Delphi. Lord Bacon loved the onion so that he declared the rose would be sweeter planted in a bed of them.

The Byzantine princes played a game which differed very little from our modern polo.

Miss Annie E. Gunning, Tyre, Mich., says, "I suffered a long time with dyspepsia; lost flesh and became very weak. Kodol Dyspepsia Cure completely cured me." It digests what you eat and cures all forms of stomach troubles. It never fails to give immediate relief in the worse cases.—A. R. Fisher.

QUARTERLY REPORT

—OF THE—

Breckinridge Bank,

Cloverport, Ky.

At the close of business on the 30th of December, 1899.

RESOURCES.

Loans and discounts less loans to directors	\$120,995.41
Loans to officers	2,800.00
Overdrafts, unsecured	1,505.19
Due from National banks	\$15,666.03
Due from state banks and bankers	5,091.71
Banking house and lot	3,000.00
Other real estate	11,878.73
Other stocks and bonds	50,012.48
Specie	12,000.00
Currency	12,092.23
Furniture and fixtures	2,000.00
Debts in suit	1,244.85
Stamp account	300.00
	\$239,695.03

LIABILITIES.

Capital stock paid in, in cash	15,000.00
Surplus fund	40,000.00
Undivided profits	554.57
Due depositors as follows, viz:	
Deposits subject to check (on which interest is not paid)	71,359.95
Time certificates of deposit (on which interest is paid)	111,274.45
Unpaid dividends, per cent. declared this day	1,333.00
	\$239,695.03

STATE OF KENTUCKY, County of Breckinridge, } SS: A. B. Skillman, Cashier of Breckinridge Bank, a bank located and doing business at No. Wall street in the city of Cloverport, in said county, being duly sworn, says that the foregoing report is in all respects a true statement of the condition of the said bank at the close of business on the 30th day of Dec. 1899, to the best of his knowledge and belief; and further says that the business of said bank, has been transacted at the location named, and not elsewhere; and that the above report is made in compliance with an official notice received from the Secretary of State designating the 30th day of Dec. 1899, as the day on which such report shall be made.

A. B. SKILLMAN, Cashier.

W. H. BOWMER, O. T. SKILLMAN, F. N. D'HOV, } Directors.

Subscribed and sworn to before me by A. B. Skillman, Cashier, the 21 day of January, 1900.

CHAS. B. SKILLMAN, N. P. B. C. Commission expires Jan. 16, 1900.

QUARTERLY REPORT

—OF THE—

BANK OF HARDINSBURG,

Hardinsburg, Ky.

At the close of business on the 30th day of December, 1899.

RESOURCES.

Loans and discounts, less	\$100,460.67
Overdrafts, unsecured	54.20
Due from National banks	25,121.62
Banking house and lot	1,800.00
Other real estate	807.38
Other stocks and bonds	31,327.50
Currency	16,233.23
Furniture and fixtures	400.00
	\$209,414.69

Capital stock paid in, in cash 25,000.00 || Undivided profits | 5,551.73 |
Deposits subject to check (on which interest is not paid)	\$86,550.01
Time certificates of deposit (on which interest is paid)	67,201.85
Unpaid dividends	1,000.00
	\$209,414.69

STATE OF KENTUCKY, County of Breckinridge, } SS: M. H. Beard, Cashier of Hardinsburg, a bank located and doing business in the city of Hardinsburg, in said county, being duly sworn, says that the foregoing report is in all respects a true statement of the condition of the said bank, at the close of business on the 30th day of Dec. 1899, to the best of his knowledge and belief; and further says that the business of said bank has been transacted at the location named, and not elsewhere; and that the above report is made in compliance with an official notice received from the Secretary of State designating the 30th day of Dec. 1899, as the day on which such report shall be made.

M. H. BEARD, Cashier.

MORRIS ESKRIDGE, B. F. BEARD, R. M. JOLLY, } Directors.

Subscribed and sworn to before me by M. H. Beard the 21 day of Jan., 1899.

FRANK BOARD, N. P. B. C. My commission expires with next session Kentucky Senate.

SEMI-ANNUAL REPORT

—OF—

E. H. Shelman & Co., Bankers

Irrington, Ky.

At the close of business December 30, 1899.

RESOURCES.

Loans and discounts	\$121,421.01
Overdrafts, secured	1,153.08
Cash on hand and due from banks	123,853.30
Stocks and bonds	108.59
Furniture and fixtures	1,000.00
Expenses for past six months, including taxes and stationery	339.23
	\$247,472.21

Capital stock \$15,000.00
Due depositors 11,128.31
Undivided profit 1,278.90

STATE OF KENTUCKY, County of Breckinridge, } SS: E. H. SHELMAN, President.

Subscribed and sworn to before me this January 3, 1900.

ROBT. E. HAWES, N. P. B. C.

Care of Vells.

The beauty and freshness of a veil can be preserved for a long time if it is properly cared for. After wearing it should be smoothed out carefully and rolled between paper or over a rod. A piece of broomstick makes an excellent roller.

A veil which has become limp can be freshened by dipping it in weak gum water and pulling it straight before it dries.—Exchange.

THE BRECKENRIDGE
NORMAL COLLEGE,
HARDINSBURG, KY.

First Term of Five Months Begins September 4, 1899.

Instructors—Practical, thorough and enthusiastic men and women. No school in this section of the State offers superior inducements.

COURSES AND TUITION.

Primary	\$1.75 per month	Scientific	\$3.20 per month
Intermediate	2.50 "	Classical	3.20 "
Preparatory	3.20 "	Music	3.50 "
Teachers'	3.20 "	Board	\$1.75 to \$2.25 per week;

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Everything neat and clean.

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